

# THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging  
715 Old King's Highway • Wellfleet • 02667

## COA STAFF DIRECTORY

Suzanne Grout Thomas, Director ~Ext. 202 [suzanne.thomas@wellfleet-ma.gov](mailto:suzanne.thomas@wellfleet-ma.gov)

Linda Rockwell Balch, Outreach Coordinator ~Ext. 201 [linda.balch@wellfleet-ma.gov](mailto:linda.balch@wellfleet-ma.gov)

Terri Frazier, Office Manager ~ Ext. 205 [terri.frazier@wellfleet-ma.gov](mailto:terri.frazier@wellfleet-ma.gov)

Sally Largey, Office Assistant/Volunteer Coordinator, [sally.largey@wellfleet-ma.gov](mailto:sally.largey@wellfleet-ma.gov)

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January/February 2017

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319



“Make New Year's goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you're interested in fully living life in the year to come.” ~ Melody Beattie

## **DATES TO REMEMBER**

**Monday, January 2<sup>nd</sup>** ~ COA closed for New Year's

**Monday, January 9<sup>th</sup>** ~ New 10-week exercise session starts

**Monday, January 16<sup>th</sup>** ~ COA closed for Martin Luther King Jr. Day

**Thursday, January 26<sup>th</sup>** ~ Senior Citizens Police Academy starts

**Monday, February 20<sup>th</sup>** ~ COA closed for President's Day



## **It's that time of year again....INCLEMENT WEATHER REMINDER:**

When the snow flies, please know that we operate on the same schedule as the Nauset School System – **if schools are cancelled for Nauset, ALL OUR PROGRAMS WILL BE CANCELLED AS WELL, INCLUDING TRANSPORTATION.** The COA will be open unless Wellfleet Town Hall is closed. Cancellations are broadcast on local radio and TV stations and will be posted on the COA Facebook page. Additionally, we often need time in the morning to get the walks and parking lots clear. For everyone's safety, we recommend you **CALL US FIRST** during bad weather before venturing out.

## ♥ FOR YOUR HEALTH

♥ **ASK A NURSE:** **NEW TIME** ~ Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM - 12 NOON:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and wellness questions



♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care.

NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. January 13, 27 and February 10. **NEW SCHEDULING PROCEDURE FOR DR. CAMPO:** *There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.*

## ► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, January 18 and Wednesday, February 15 at 4 PM*. Focus is on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

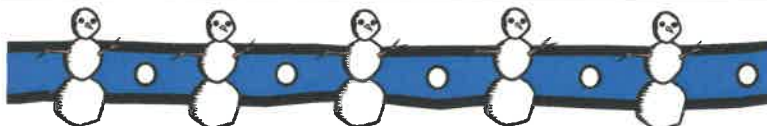


► **FUEL ASSISTANCE:** *The COA is an intake site for income-eligible Wellfleet residents. Please call to schedule your confidential appointment and obtain a list of necessary filing documents.*

► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **GOSNOLD WEEKLY FAMILY REACHING OUT SUPPORT GROUP:** *A resource for family members & loved ones affected by addiction. It assists the family at all stages of addiction through education, intervention and support. Thursdays 6:30 - 8, Wellfleet COA. Call 844-558-4357 for additional information.*

► **LEGAL ASSISTANCE:** *60 years of age or older ~ By appointment on the second Wednesday of the month, from 10 - Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. January 11, February 8.*



### ► **FOR YOUR ASSISTANCE (cont.)**

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.

### 🍏 **FOR YOUR DINING PLEASURE**



🍏 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍏 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍏 **SOUP TO GO:** A pint of Iris's homemade soup, packed to go, made fresh every Monday. Menu on last page. \$4.00 per pint.

### ★ **FOR YOUR FUN AND ENTERTAINMENT**

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Monday, January 23 and Wednesday, February 15, 10:30.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELLFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the first Monday of every month. Please call Kip Detlef at (508)349-6805 for more information, as schedule/location varies. February 6.

★ **WELLFLEET WAVE BOOK CLUB:** January 19, 1:30 ~ *The Summer Before the War* by **Helen Simonson** ~ "A novel to cure your Downton Abbey withdrawal . . . a delightful story about nontraditional romantic relationships, class snobbery and the everybody-knows-everybody complications of living in a small community." —The Washington Post

February 16, 1:30 ~ *Trials of the Earth* by **Mary Mann Hamilton** ~ "This compelling, no-frills posthumous memoir...reveals the hidden nature of late 19<sup>th</sup> century American life.... Mary's unsentimental story crackles with personality, putting a face on the unsung, nameless tillers of the soil."— *Publishers Weekly*



**SEE PAGE 5 FOR INFORMATION ON  
THE WELLFLEET SENIOR CITIZENS  
POLICE ACADEMY**



## ☺ FOR YOUR WELL-BEING

### Balance/General Exercise & Strength Training with Melissa Shantz 10-WEEK EXERCISE SESSIONS

*Next session ~ Monday, January 9<sup>th</sup> - Friday, March 17<sup>th</sup>*

FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:

**FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING CLASSES**

**ONLY** ~ discounted rates for multiple sessions ~ 1X per week for \$50,

2X per week \$70, 3X per week \$85, 4X per week \$100 ~ Drop-in's welcome, \$7 per class

*drop-in rate ~ mid-session drop-in's will NOT be pro-rated.*

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 - 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, every day except Thursday, 8:45 - 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ **\$7.00 per class.**

*Note: Physician's approval absolutely required for all exercise classes!*

## ◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ January 10, February 14. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10 - 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Nancy for more information at 508-957-7715. January 12, 26 & February 9, 23.

◆ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. Meetings are held at the COA on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. January 3, 17 & February 7, 21.

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, etc., just to chat. He has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.



## 2017 WELLFLEET POLICE DEPARTMENT Senior Citizens Police Academy

January 26 – March 23

Classes 10 AM – 12 noon

Wellfleet Council on Aging

Join Officer George Spirito for a 7 week

“Police Academy”, which will include a general overview and insight to the inner-workings of the Wellfleet Police Department.

Academy is open to Wellfleet Seniors,  
limited to 10 participants.

Call the COA to pre-register.

January 26 <sup>th</sup>	Intro. to Wellfleet PD, communications and community policing
February 2 <sup>nd</sup>	Traffic stops, motor vehicle accidents, patrol force functions
February 9 <sup>th</sup>	Law, investigations and the court system
February 16 & 23	NO CLASSES - WINTER BREAK
March 2 <sup>nd</sup>	Drugs and addictions
March 9 <sup>th</sup>	Defensive tactics, handcuffing, booking
March 16 <sup>th</sup>	Use of force, firearms, taser, pepper spray, firearms licensing
March 23 <sup>rd</sup>	Officer family life and graduation




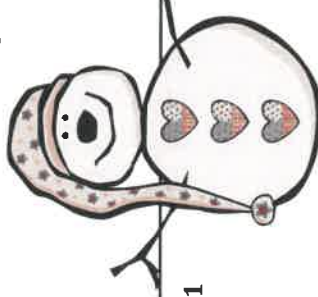
We have partnered with Funtastic Getaways in Falmouth to offer exciting travel opportunities.  
Day and overnight trips available. Please stop in at the COA to browse the Funtastic booklet.



**WE ARE ON FACEBOOK!**

**“Like” and follow the Wellfleet Council on  
Aging to stay up-to-date on senior center news  
and events!**




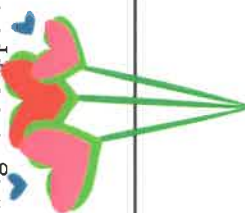
# January 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED FOR NEW YEAR'S DAY</b>  9 Marlene Denessen	<b>3</b> 8:45 Strength Training 10 Caregiver's Support Grp.	<b>4</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	<b>5</b> 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble 6:30 Gosnold Family Support	<b>6</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
<b>9</b> 8:45 Strength Training 10:15 Balance/Exercise <b>NEW 10 WEEK EXERCISE SESSION BEGINS THIS WEEK</b>	<b>10</b> 8:45 Strength Training 3 Alzheimer's/Dementia Caregiver's Support Grp.	<b>11</b> 8:45 Strength Training 10 Legal Aid 10 Ask A Nurse 10:15 Balance/Exercise 4 Friends of the COA	<b>12</b> 8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble 6:30 Gosnold Family Support	<b>13</b> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>16</b> <b>CLOSED MARTIN LUTHER KING JR. DAY</b> 9 Marlene Denessen	<b>17</b> 8:45 Strength Training 10 Caregiver's Support Grp. 4 Marlene Denessen	<b>18</b> 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready for Medicare?	<b>19</b> 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>The Summer Before the War</i> 2 Scrabble 6:30 Gosnold Family Support	<b>20</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
<b>23</b> 8:45 Strength Training 10:15 Balance/Exercise 10:30 Denya & SeaBabies	<b>24</b> 8:45 Strength Training  <b>31</b> 8:45 Strength Training	<b>25</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	<b>26</b> 8:45 Stretch & Strengthen 10 Bereavement Support <b>10 SENIOR CITIZENS POLICE ACADEMY</b> 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble 6:30 Gosnold Family Support	<b>27</b> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>30</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise				



**REMINDER:** If Nauset schools are closed, our programs are cancelled, including transportation. See Page 1 for our **INCLEMENT WEATHER POLICY**

# February 2017 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>6</b> 8:45 Strength Training 10:15 Balance/Exercise 2 Red Hat Society	  <b>7</b> 8:45 Strength Training 10 Caregiver's Support Grp.	<b>1</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	<b>3</b> 8:45 Stretch & Strengthen <b>SENIOR CITIZENS POLICE ACADEMY</b> 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilling 2 Scrabble 6:30 Gosnold Family Support	8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
<b>13</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	<b>14</b> 8:45 Strength Training 3 Alzheimer's/Dementia Caregiver's Support Grp.	<b>8</b> 8:45 Strength Training 10 Legal Aid 10 Ask A Nurse 10:15 Balance/Exercise	<b>10</b> 8:45 Stretch & Strengthen Bereavement Support <b>SENIOR CITIZENS POLICE ACADEMY</b> 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble 6:30 Gosnold Family Support	8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
<b>20</b> <b>COA CLOSED FOR PRESIDENT'S DAY</b>	<b>21</b> 8:45 Strength Training 10 Caregiver's Support Grp. 	<b>22</b> 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	<b>17</b> 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilling 1:30 Book Club ~ <i>Trials of the Earth</i> 2 Scrabble 6:30 Gosnold Family Support	8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
<b>27</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	<b>28</b> 8:45 Strength Training	<b>23</b> 8:45 Stretch & Strengthen Bereavement Support 10 Gosnold Counseling 11:30 Iris's Café 12:30 Scrabble 2 Gosnold Family Support	<b>24</b> 8:45 Stretch & Strengthen Bereavement Support 10 Gosnold Counseling 11:30 Iris's Café 12:30 Scrabble 2 Gosnold Family Support	8:45 Strength Training 10:15 Balance/Exercise 1 Bridge





**Wellfleet Council on Aging**  
**715 Old King's Highway**  
**Wellfleet, MA 02667**

**COA Board Members:**

Patricia Shannon ~ Chair  
Ernie Bauer ~ Vice Chair  
Robin Slack ~ Secretary  
Paul Goetinck  
Carol Magenau  
Sarah Multer  
Fred Nass  
Dorothy Oberding  
Brian Quigley  
Evelyn Savage  
Maureen Schraut ~FCOA Liason


**Friends of the COA:**

Maureen Schraut ~ President/COA Board Liaison  
Carol Parlante ~ Vice President  
Sylvia Smith ~ Treasurer  
Sandy Wonders ~ Clerk  
Meredith Blakeley  
Greta Einig  
Sarah Multer  
Marge Piercy

*Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.*

**IRIS'S CAFÉ**

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday**

<b>January 5</b>	Chicken, butternut squash & apple stew, mixed green salad
<b>January 12</b>	Turkey meatloaf with celery, onion and apples, mashed sweet potato, vegetable
<b>January 19</b>	Baked salmon with orange maple syrup glaze, buttered egg noodles, vegetable
<b>January 26</b>	Sweet & sour chicken, coconut rice with peas
<b>February 2</b>	Pan seared pork tenderloin, mashed turnip & carrots, sautéed cabbage
<b>February 9</b>	 <b>VALENTINE'S DAY LUNCHEON</b> ~ Roast turkey breast, mashed potato, vegetable, chocolate cheesecake
<b>February 16</b>	Chicken parmesan, pasta, green salad
<b>February 23</b>	Baked cod with lemon caper sauce, rice pilaf, vegetable

**IRIS'S SOUP TO GO**

**Prepared on Monday, packed to travel ~ \$4.00 pint**

<b>January 4</b>	Chicken with rice ( <i>Wednesday</i> )	<b>February 6</b>	Italian (turkey) meatball
<b>January 9</b>	Potato leek	<b>February 13</b>	White bean, tomato & sausage
<b>January 17</b>	Beef & barley with mushroom ( <i>Tuesday</i> )	<b>February 21</b>	Chicken veggie w/couscous ( <i>Tuesday</i> )
<b>January 23</b>	Mixed vegetable w/lentils	<b>February 27</b>	Corn chowder
<b>January 30</b>	Chicken chili		